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Race Strategies

200 UGA Program 200 Based, Can Move up or Down
(Dylla, Stovall, Flickinger, Brittany, Romano, Schmitt, McNichol's, etc.)

"Can't make a swim in the 1st 50 but could break it"

LCM Much different than SCY Set up the 1st 50, maintain speed on 2nd and 3rd 50 and build into 150 turn and build last 50 (SCY last 50 is sprint)

Leader Change (LCM 1:30, SCY 1:20) 4 per Lane, Match 2nd 100 of the 200
1 Fast + 3 EZ, Swimmers Rotate to back of line after Fast Swim

100

100 Take out race Fast and Controlled "with Air"
Must have strong last 25 (many will be there at the 75)
1st and last Underwater are the most important.

Set 5 of 6 ??? x 5 x 25 @ 25/30 Sprint Swim 5/ Rest on wall #6

50

Build Power, Speed
Training Aids, Chutes, power Tower, Socks, Underwater,
Technique is High important, Little Things Make a Big Difference
(Smoliga, Chantal, Trice)

Race Strategies for 3 day meet with multiple events, how to train for and approach the races.
Best athletes may need to swim 12-14 times over 3 days, Aerobic work. (i.e. Smoliga, Gil, Margalis (??)